BRUHAT BANGALORE MAHANAGARA PALIKE

BBMP/2016-17/OW/WORK_INDENT24370

APPROVED SCHEDULE - B

No.EE/BTP/BBMP/E-PMT/20/2016-17, Date: 12.01.2017

Providing Gym equipments in ward No 11(Kuvempunagara) in Vidyaranyapura Sub Division.

Sl. No.	Approved Qty.	Description	Unit	Approved Tender Rates of Nataraj T	
				In Figures	In Words
1	2	The chest press is a heavy guage steel made up of 100 mm NB MS pipe the sub structure consists of 25mm NBMS pipes and heavy duty bushes pivoted to 1 end and moveable up down in other. The easts are made up of pressed sheet metal of heavy guage self weighted machine built to supports as vigorous wok out for upto 2 people the equipment hosts one of the most basic and effective body stength exercises. The chest press supports and promotes upbody strength and strengthens and the triceps pectoralis, and deltoids in the pressing moton the exercise can be done n repetitions stating off with 5 to 15 repetition and building the above equipment duly powder coated	Nos	224000.0	Rupees Two Hundred Twenty Four Thousand Only
2	1	TSAI 1139A the AIR WALKER made up of D100mm NBMS pipes the substructures consists of 40 mm NBMS pipe and heavy duty bushes pivoted to 1 end and in walking motion the foot steps is made up pressed sheet metal of heavy guage it provides to side by side exercises position which deliver cardiavascular vacular benifits by simulating the runing motion although with straighter eegs and no impact. The exercises completly the avoids the impact stress runners often experiences on feet knees, bips and lower back many people cannot tolerate the jarring motion of jogging walking is a good alternative but it does not stretch are fully activate the important muscule in the upper thigh the air walker improves both cardiovascular fitness and fiexibility exercise levels can be of 5 to 15 munites duration experiment with various peed and different levels of stretch the above equipment is duly powder coated	Nos	140000.0	Rupees One Hundred Forty Thousand Only
3	1	TSI 1140 A - The FUN RIDER made up of 100mm NBMS pipe the such structure conisits of 40mm NBMS pipes and heavy duty bushes pivoted to one end and movable in materal motion the eseat is made up of pressed sheet metal of heavy guage fun rider station involves cardiovasular benedits using a rowing motion This apparatus promotes strengthening the biceps latissmus dorsi and rear deltoids in the pulling motion white also developing cardiovascular fitness, Exercise levels can be of 5 to 15 minutes duration, expreiments with various sppeds and different levels of intensity The above equipment is duly powder coated	Nos	130000.0	Rupees One Hundred Thirty Thousand Only
4	1	TSI 8155 C The STANDING RORATION made up of 100mm NBMS pipe the sub structure consists of 32 mm NBMS pipe and heavy duty bearing and bushes provided to ensure smooth plate rotation the standing plates are made up of pressed sheet metal of heavy guage it benches in stretching the internal and external obliques and adding emphasis on the abdomitals and extesor muscles of the spine. The above equipment is duly powder coated	Nos	130000.0	Rupees One Hundred Thirty Thousand Only

E.E. (BTP. DIV)

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Signature of the contractor

Executive Engnieer

	Approved Qty.	Description	Unit	Approved Tender Rates of Nataraj T	
				In Figures	In Words
5	2	TSI 1138 E. The TAI CHI SPINNERS made up of 100 mm NBMS pipe the sub structure consists of 25 & 20 mm NB MS pipes and heavy duty bearing and bushes provided toe ensure smooth wheel rotation They heae four large rotary wheels with adjustable resistance the two sets of wheels can be turned in different directions by a user on each side this exercise employes the full flexiility aroun the shoulder and the many muscles that raise and lower the arms and provide shoulder stability work the apparatus in various directions and stances. The Tai Chi Spinners can be installed at a variety of heights making it perfect for all ages. The above equipment is duly powder coated	Nos	180000.0	Rupees One Hundred Eighty Thousand Only
6	2	The ROWER the structue consists of 25 & 20mm NB MS pipes and heavy duty bushes pivot to one end and movable back and front rowing motion it invilves cardiovascular bebefits using a rowing motion. This apparatus promotes stengthening the bicep latissimus dorsi and rear deltoids in the pulling motion while also developing cardiovascular fitness exercise levels can be of 5 to 15 minutes duration Experiement with various speeds and different level of intensity The above equipment duly powder coated	Nos	115000.0	Rupees One Hundred Fifteen Thousand Only
7	2	The SPINNERS made up of 100 mm NB NS pipe. The sub structure consists of 25 & 20mm NB MS pipe and heavy duty bearing and bushes provided to ensure smooth wheel rotation. They have large rotary wheel with adjustable resistance. The exercise employs the full flexibility around the shoulder and the many muscles that raise and power the arms and provide shoulder stability work the apparatus in various directions and stances The Tai Chi Spinners can be installed at a variety of heights making it perfect for all ages. The above equipment is duly powder coated	Nos	155000.0	Rupees One Hundred Fifty Five Thousand Only
8	1	ROPE PULLER the ROPE PULLER made up of 100mm NB MS pipe the sub structure consists of 32 mm NB MS pipes and heavy duty provided to ensure smooth rope transition these are a primary indicator of upper body stength the exercises place more emphasision the stretching improving the grip introduce yourselft at all exercises gradually avoiding undue stress slowly build the number of repetitions the above equipment is duly powder coated	Nos	77000.0	Rupees Seventy Seven Thousand Only

Signature of the Contractor

Executive Engineer
Byarayanapura Division
BBMP, Bangalore - 92

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